**ME:** minutes..

**AARON:** minutes…

**BOTH:** minutes….

**ME:** with Maraaaa is back on.

**AARON:** thanks for tuning in everyone to..

**BOTH:** Mara’s super short show!

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**ME:** Hello to everyone out there listening. I’m Mara and I want to thank all of you for tuning in with us this wonderful afternoon. Today’s topic is school lunches and here to join us from our very own Bellwood-Antis Middle School is Aaron.

**AARON:** Thanks Mara, I’m glad to be here and thank you to everyone out there that’s listening. I’m sure there are a ton of you who can relate to this topic today.

**ME:** I bet you’re right Aaron. You know what’s funny.

**AARON:** How Tyrone boys’ basketball lost to us three times this season?

**ME:** hah no, that isn’t where I was heading with this, although I do have to agree with you there. That is pretty funny. What I was going to say is that today while I was going through the lunch line I asked for chicken. The response I got was “what kind of chicken? Buffalo chicken, chicken pizza, breaded chicken or chicken nuggets?”

**AARON:** Wow how many different ways can you get chicken in one day?

**ME:** that’s what I was thinking. I guess I never really realized how much we here at Bellwood-Antis eat chicken.

**AARON:** well did you know Mara that there are more chickens than people in the world?

**ME:** no Aaron, I didn’t know that. I only knew that there are four cities in the United States that have the word "chicken" in their name: Chicken, Alaska; Chicken Bristle, Illinois; Chicken Bristle, Kentucky; and Chicken Town, Pennsylvania.

**AARON:** I guess that’s why we eat a lot of chicken; we have to live up to the name!

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**ME:** back to where I was going with this.. I think a change needs to be made to the school lunch menu. I know chicken is inexpensive and all by my goodness do we ever get tired of it!

**AARON:** you got that right. Tyrone didn’t even have chicken that often when I was down there Mara.

**ME:** it wouldn’t be so bad if they didn’t give it appealing names. They make it sound so good and then you realize it’s only a piece of chicken dipped slightly in some sauce. I mean common’. I really like the Blue Devil chicken strips. Why are they called Blue Devil strips anyway?

**AARON:** because they’re running out of names to call all the different choices of chicken they serve!

**ME:** good thing those strips aren’t really blue because I know that chickens can lay different colored eggs, including blue. And then once a chicken lays that color egg, that’s the only color she’ll lay from then on. Did you know that Aaron?

**AARON:** hmm... interesting. And no, I’ve never heard of that. but good thing they aren’t blue because I would really be complaining then!

**ME:** haha yeah you got that right. Me too! Good food is a hard thing to complain about though. I love chicken and I don’t mind eating it often. What I do mind though is the price they charge you in the cafeteria for a lunch. It is becoming outrageous and the food definitely isn’t worth the $1.70 you pay for it. I mean common’ four chicken strips isn’t going to fill up anyone. They are pretty much making it so that you have to buy two or three lunches for that price in order to get full. $1 for a water or iced tea is nuts. I guess that’s why they don’t allow us to bring in drinks from home. They want us to spend more money then we should.

**AARON:** you’re right Mara. If you think about it, you are almost spending three dollars for a lunch every single day and then if you get two lunches, well there’s five dollars.

**ME:** I can go to McDonalds and get chicken and a sweet tea for around $6. The iced tea is huge and I can get ten nuggets instead of four!

**AARON:** you’re absolutely right. Lunch is the only class I can stay awake for though so I’m not going to complain about what we’re eating haha.

**ME:** Speaking of staying awake in class Aaron, I have some tips for our listeners out there to hopefully help them to do just that.

1. Wake up an hour early before leaving the [house](http://www.ehow.com/how_2312411_stay-awake-class.html). This may seem to make a person more tired than ever, but believe it or not, this can help you prepare for a busy day and get energized. Try getting in a work out before class to get the blood pumping.
2. Eat healthy portions of fruits, cereal or oatmeal as it contains low carbs. It helps rejuvenate your body and mind so that you will be more focused and be able to pay more attention during lectures throughout the class period.
3. Restore your energy by visiting a nutritional store to buy vitamins-- preferably [vitamin](http://www.ehow.com/how_2312411_stay-awake-class.html) B which increases your energy level. You can take the tablets before heading to class and in no time, you will feel a sudden burst of energy and freshness to your body. You can get plenty of these vitamins at [health](http://www.ehow.com/health/) food markets.
4. Participate in class discussions whenever you feel the need to doze off. While some students believe that most lectures from their professors are a bore, there are a few that can be quite thought-provoking and grab your attention to keep you mentally responsive to what is going on in the classroom.

**AARON:** Those sound like some great tips Mara! Hopefully our listeners will take this into consideration.

**ME:** I sure hope so. That’s all the time we have for today Aaron. Thank you for being here with us this afternoon and giving your input about our school lunches. Try to remember my three tips and stay awake in class!

**AARON:** my pleasure haha and I’ll try. See ya next time!